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**BE STILL  
AND  
KNOW  
THAT I  
AM GOD**  
”

In our journey as Christians, we can say that our life is full of adventures, moving us forward and making us hold on to our faith in God. With these adventures, our commitment to Christ will always be put to the test—a test of loyalty, bravery, and truthfulness. Thus, our scriptural readings today remind us about our call to be still in trusting the Lord. In whatever situations we are, even in circumstances that seem unsettling or frightening, God will always be there for us.

In the First Reading, Jeremiah trusts the Lord even though many are against him. Though his so-called friends try to trap and trip him, the prophet remains faithful to God whom he knows as faithful, true, and trustworthy. This faithfulness of God is what St. Paul reminds us of in the Second Reading. God saves us even though we are sinful. God cares for us even though we seem to be going far away from him. As the Apostle declares, “For if by the transgression of the one the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many” (Rom 5:15). The grace of God will always be there for us as our saving help. God will never abandon us.

God cares for us as he promised. That is why in the Gospel, Jesus keeps telling us, “Do not be afraid.” Do not be afraid to commit yourselves to God because he will always be faithful in whatever circumstances we may find ourselves. Our commitment to God will help us to be still and to realize that in



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our weakness, God is there. Thus, being “not afraid” is a call for us to be **loyal**, **brave**, and **true** in terms of our commitment to God.

**Loyal.** Being loyal to God is remaining committed to him. Whatever our hardships, we must always remember that our loyalty to God stands above all. This

loyalty is the fruit of knowing our true value and dignity. As Jesus reminds us, “Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs on your head are counted. So do not be afraid; you are worth more than many sparrows.” Thus, loyalty is knowing your worth and having peace amid the storms of life.

**Brave.** In the Gospel, Jesus tells us, “Do not be afraid” three times. This highlights the truth that God is always on our side as long as we remain in him. If we remain in God, God will remain in us (Jn 15:4). We need not be afraid in our journey because God is our guide and protector. So, be brave and tell yourself, “Even though I walk through the valley of the shadow of death, I fear no evil, for you are with me; your rod and your staff, they comfort me” (Ps 23:4).

**True.** Being not afraid entails truthfulness as well: meaning that we never back down in our commitment and our promise to God. This is the point where we acknowledge that whatever happens, we remain standing firm in God. True to this, Jesus also is true to his words, “Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.” Thus, we can always call to God and say, “Lord, in your great love, answer me” (Ps 69). The Lord always tells us that no matter how difficult life may be, we are to “be still and know that I am God” (Ps 46:10).

## INTRODUCTORY RITES

### Entrance Antiphon

(Cf. Ps 28 [27]:8–9)

*(Recited when there is no opening song.)*

**The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.**

### Greeting

*(The sign of the cross is made here.)*

**P**—The Lord be with you.

**All**—And with your spirit.

### Introduction

*(These [or similar words] may be used to address the assembly.)*

**P**—By Jesus' passion, death, and resurrection, the Lord Jesus overcame the power of sin and death. In the Eucharist, he left us a living memorial of his saving mystery. He sent the Holy Spirit to be with us always. Indeed, the Lord strengthens his disciples for the task of spreading the Gospel because it is not without problems and difficulties.

This, too, is the experience of Jeremiah. Beset by terror and persecution, the prophet entrusts his cause to the Lord who rescues "the life of the poor from the power of the wicked."

### Penitential Rite

**P**—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries. *(Pause)*

**P**—You were sent to heal the contrite of heart: Lord, have mercy.

**All**—Lord, have mercy.

**P**—You came to call sinners: Christ, have mercy.

**All**—Christ, have mercy.

**P**—You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

**All**—Lord, have mercy.

**P**—May almighty God have mercy on us, forgive us

our sins, and bring us to everlasting life.

**All**—Amen.

### Gloria

**All**—Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### Collect

**P**—Let us pray. *(Pause)*

Grant, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**All**—Amen.

## THE LITURGY OF THE WORD



### First Reading (Jer 20:10–13) *(Sit)*

*Faced with internal crisis and external danger, Jeremiah nearly despairs in his calling as a prophet. But in faith he hangs on to the promises of the Lord who, in turn, ultimately vindicates the prophet.*

### A reading from the Book of the Prophet Jeremiah

JEREMIAH said: "I hear the whisperings of many: 'Terror on every side! Denounce! Let us denounce him!' All those

who were my friends are on the watch for any misstep of mine. 'Perhaps he will be trapped; then we can prevail, and take our vengeance on him.' But the LORD is with me, like a mighty champion: my persecutors will stumble, they will not triumph. In their failure they will be put to utter shame, to lasting, unforgettable confusion. O LORD of hosts, you who test the just, who probe mind and heart, let me witness the vengeance you take on them, for to you I have entrusted my cause. Sing to the LORD, praise the LORD, for he has rescued the life of the poor from the power of the wicked!"

— The word of the Lord.

**All**—Thanks be to God.

### Responsorial Psalm (Ps 69)

**R**—Lord, in your great love, answer me.

Sr. M.C.A Parco, fsp



1. For your sake I bear insult,/ and shame covers my face./ I have become an outcast to my brothers,/ a stranger to my children,/ because zeal for your house consumes me,/ and the insults of those who blaspheme you fall upon me. **(R)**

2. I pray to you, O LORD,/ for the time of your favor, O God!/ In your great kindness answer me/ with your constant help./ Answer me, O LORD, for bounteous is your kindness;/ in your great mercy turn toward me. **(R)**

3. "See, you lowly ones, and be glad;/ you who seek God, may your hearts revive!/ For the LORD hears the poor,/ and his own who are in bonds he spurns not./ Let the heavens and the earth praise him,/ the seas and whatever moves in them!" **(R)**

## Second Reading (Rom 5:12–15)

*We are justified, says Paul, by faith in Jesus Christ. Because sin entered the world, we have been alienated from God. But Christ has restored us to a right relationship with God.*

### A reading from the Letter of Saint Paul to the Romans

**BROTHERS AND SISTERS:** Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned—for up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come.

But the gift is not like the transgression. For if by the transgression of the one the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many.

—The word of the Lord.

**All—Thanks be to God.**

**Alleluia** (Jn 15:26b, 27a)

**All—Alleluia, alleluia. The Spirit of truth will testify to me, says the Lord; and you also will testify. Alleluia, alleluia.**

**Gospel** (Mt 10:26–33)

**P—**A reading from the holy Gospel according to Matthew  
**All—Glory to you, Lord.**

**JESUS SAID** to the Twelve: “Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for

a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.”

—The Gospel of the Lord.

**All—Praise to you, Lord Jesus Christ.**

**Homily** (*Sit*)

**Profession of Faith** (*Stand*)

**All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.**

**I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (at the words that follow, up to and including and became man, all bow) and by the Holy Spirit was incarnate of the Virgin Mary and became man.**

**For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.**

**I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.**

## Prayers of the Faithful

**P—**In Jesus Christ, we are reconciled with the Father and made his adopted children. Confident of the Father’s love, let us raise our petitions to him as we say:

**R—Lord, hear our prayer.**

**C—**For Pope Francis, bishops, priests, deacons, and all the faithful: may we witness to the saving power of the Gospel, even amid opposition, unbelief, and lukewarmness. We pray: **(R)**

**C—**For government and civil leaders: may they help safeguard human dignity, promote peace among people, and attend to the needs of the poor, the weak, and the voiceless in society. We pray: **(R)**

**C—**For the families of our nation and of the whole world: inspire every family to embody the Good News of Jesus. We pray: **(R)**

**C—**For the poor and those who are in dire need: bring them the comfort and graces they need and grant them hope through those who extend their help in any way. We pray: **(R)**

**C—**For all those who have gone ahead of us: bring them the comfort they need and grant them the hope of eternal life. We pray: **(R)**

**C—**Let us pray for the urgent concerns of our community, those who are in need of our prayers, and our personal intentions (*pause*). We pray: **(R)**

**P—**Almighty Father, hear the prayers of your people. Heal the wounds of sin that divide and confuse us. Strengthen us with the power of your Holy Spirit and help us in our journey back to you.

We ask this through Christ our Lord.

**All—Amen.**



**THE LITURGY OF  
THE EUCHARIST**



**Presentation of the Gifts**  
*(Stand)*

**P**—Pray, brethren...

**All**—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

**Prayer over the Gifts**

**P**—Receive, O Lord, the sacrifice of conciliation and praise and grant that, cleansed by its action, we may make offering of a heart pleasing to you.

Through Christ our Lord.

**All**—Amen.

**Preface II: The mystery of salvation**

**P**—The Lord be with you.

**All**—And with your spirit.

**P**—Lift up your hearts.

**All**—We lift them up to the Lord.

**P**—Let us give thanks to the Lord our God.

**All**—It is right and just

**P**—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For out of compassion for the waywardness that is ours, he humbled himself and was born of the Virgin; by the passion of the Cross, he freed us from unending death, and by rising from the dead, he gave us life eternal.

And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim:

**All**—Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. *(Kneel)*

**Acclamation** *(Stand)*

**All**—When we eat this

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**Bread and drink this Cup, we  
proclaim your Death, O Lord,  
until you come again.**

**THE COMMUNION RITE**

**The Lord's Prayer**

**All**—Our Father...

**P**—Deliver us...

**All**—For the kingdom, the power and the glory are yours now and for ever.

**Invitation to Peace**

**Invitation to Communion**

*(Kneel)*

**P**—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**All**—Lord, I am not worthy that you should enter my roof, but only say the word and my soul shall be healed.

**Communion Antiphon**

(Ps 145 [144]:15)

**The eyes of all look to you,  
Lord, and you give them their  
food in due season.**

**Prayer after Communion**

*(Stand)*

**P**—Let us pray. *(Pause)*

Renewed and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that what

we celebrate with constant devotion may be our sure pledge of redemption.

Through Christ our Lord.

**All**—Amen.

**THE CONCLUDING RITE**

**P**—The Lord be with you.

**All**—And with your spirit.

**Solemn Blessing**

**P**—Bow down for the blessing.  
*(Pause)*

May almighty God bless you in his kindness and pour out saving wisdom upon you.

**All**—Amen.

**P**—May he nourish you always with the teachings of the faith and make you persevere in holy deeds.

**All**—Amen.

**P**—May he turn your steps towards himself and show you the path of charity and peace.

**All**—Amen.

**P**—And may the blessing of almighty God, the Father, and the Son, (†) and the Holy Spirit, come down on you and remain with you for ever.

**All**—Amen.

**Dismissal**

**P**—Go in peace, glorifying the Lord by your life.

**All**—Thanks be to God.